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## **Colonoscopy Checklist**

### **Five days before your colonoscopy:**

- Stop any medications that thin the blood (see list below)
- Discuss the discontinuation of these medications with your primary care physician to ensure that it is safe to stop them

### **Three days before your colonoscopy:**

- Stop eating high fiber foods including nuts, corn, popcorn, raw fruits, vegetables, and bran
- Stop fiber supplements

### **The day before your colonoscopy:**

- Have a normal breakfast
- If your colonoscopy is scheduled before noon the following day, do not have any lunch
- If your colonoscopy is scheduled after noon, have a light lunch
- Have clear liquids for the rest of the day (see below)
- Start prep as instructed by your physician
- Do not have anything to eat or drink after midnight

### **The day of your colonoscopy:**

- Take your blood pressure medications with a sip of water
- Make sure you bring your driver's license or photo ID and leave valuables and jewelry at home

# Clear Liquid Diet

Water

Any kind of soft drink (ginger ale, cola, tonic, etc)

Gatorade

Apple Juice

Orange Juice without pulp

Lemonade

Tea/Coffee (without milk)

Dietary supplements (Ensure, Boost, Enlive, etc)

Clear broth (vegetable, chicken, or beef)

Jell-O (stay away from red, blue, or purple colors)

Ice pops without milk or fruit bits

Honey or sugar

**NO DAIRY PRODUCTS**

## **Medications to stop prior to colonoscopy**

Below is a list of many medications (but not all) that fall into these categories. It is important to remember that there are hundreds of over-the-counter medications that contain NSAIDs or aspirin, so it is important to carefully read the label of any medication that you are taking (prescription or over-the-counter).

### **Nonsteroidal anti-inflammatory medications – NSAIDs (generic name in italics):**

*Diclofenac* (Cataflam, Voltaren, Arthrotec)  
*Diflunisal* (Dolobid)  
*Etodolac* (Lodine)  
*Fenoprofen* (Nalfon)  
*Flurbiprofen* (Ansaid)  
*Ibuprofen* (Motrin, Advil, Motrin IB, Nuprin)  
*Indomethacin* (Indocin)  
*Ketoprofen* (Actron)  
*Meclofenamate* (Meclomen)  
Mefenamic Acid (Ponstel)  
*Meloxicam* (Mobic)  
*Nabumetone* (Relafen)  
*Naproxen* (Naprosyn, Naprelan, Anaprox, Aleve)  
*Oxaprozin* (Daypro)  
*Piroxicam* (Feldene)  
*Salicylates* (sodium salicylate, Magan, Mobidin, Mobogesic, Arthritab, Bayer Select, Doan's pills)  
*Salsalate* (Amigesic, Marthritic, Salflex, Slasitab)  
*Sulindac* (Clinoril)  
*Tolmetin* (Tolectin)

### **Anti-platelet drugs:**

Aspirin (*present in many medications*)  
*Cilostazol* (*Pletal*)  
*Clopidogrel* (*Plavix*)  
*Dabigatran* (*Pradaxa*)  
*Dipyridamole* (*Persantine*)  
*Dipyridamole/Aspirin* (*Aggrenox*)  
*Eptifibatide* (*Integrilin*)  
*Pentoxifylline* (*Trental*)  
*Ticlopidine* (*Ticlid*)  
*Tirofiban* (*Aggrastat*)  
*Xarelto* (*Rivaroxaban*)

### **Anti-coagulants:**

Heparin

Low Molecular Weight Heparins (*Fragmin, Lovenox, Danaparoid*)

Warfarin (*Coumadin*)